1. (currently amended) Method for ~~determining~~ providing an index (BFI) depicting accumulated body fatigue ~~index (BFI)~~ wherein one or more parameters from the measurement of one or more signals are obtained sequentially as input and these parameters being information on the intensity of physical activity, characterized in that
   - the index (BFI) has a predetermined initial value, and
   - next value of the index (BFI) value is always a sum of ~~BFI value~~ the value of the index (BFI) and a difference, and
   - the difference is combination of upslope and optional downslope components of the index (BFI) determined with the said parameters,
   - the upslope component and the optional downslope component are each determined with a function, which is scaled by a preset physiological character.

2. (original) Method according to claim 1, characterized in that the function is independent from the duration of the physical activity.

3. (currently amended) Method according to claim 1 [[or 2]], characterized in that the preset physiological character relates to an accumulated value, which is a function of quantity of body requirements for recovery after exercise and physical activity.

4. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 3]], characterized in that the preset physiological character relates to an accumulated value, which is a function of a training effect.

5. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 4]], characterized in that the downslope component of the index (BFI) estimates recovery and decrease in the index (BFI) with decreasing physical activity.

6. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 5]], characterized in that it is determined a prediction of the time interval after which the user engaged in physical activity is expected to attain a preset limit due to accumulation of body fatigue that is induced by continuing physical activity in the chosen intensity.

7. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 4]], characterized in that it is determined by the prediction of the time interval requirements for recovery after the physical activity.

8. (original) Method according to claim 1, characterized in that information on the increased heart beat level during recovery is determined.

9. (original) Method according to claim 1, characterized in that the wherein information on the level and recovery of oxygen consumption is used to enhance the accuracy of oxygen consumption or energy consumption estimation during recovery from the physical activity.

10. (currently amended) Method according to claim 1, characterized in that information on the level of the index (BFI) is used in the estimation of oxygen consumption or energy consumption level in addition to other method.

11. (original) Method according to claim 5, characterized in that the predicted downslope component of heart rate or heart rate variability is used as a reference value to determine information on the process of recovering from physical activity.

12. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 11]], characterized in that the method is used in a wearable computer.

13. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 11]], characterized in that the method is used in a fitness exercise equipment.

14. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 11]], characterized in that the method is used in a PC-software.

15. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 14]], characterized in that the method is used in ECG/pulse-monitoring equipment.

16. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 14]], characterized in that the BFI is indexed as a function of exercise time and exercise intensity.

17. (currently amended) Method according to ~~any of~~ claim[[s]] 1 [[- 16]], characterized in that an intermediate measure reflecting accumulative physical activity is used in the calculation instead of the index (BFI), which measure is then transferred to value of the index (BFI) ~~BFI value~~.

Respectfully submitted,
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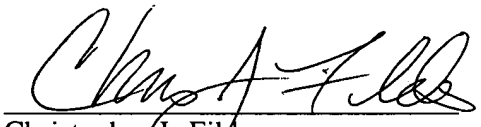

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